

4. Apparatus for applying an ultrasound treatment to a portion of a human body, such apparatus comprising:

a thermochromic strip disposed on the portion for providing a visual indication when a dosage limit of the

5 ultrasound treatment has been reached; and

means adapted to secure the thermalchromatic strip to the portion of the human body.

5. The apparatus for applying an ultrasound treatment as in claim 4 wherein the means for securing further
10 comprise and adhesive disposed on a surface of the thermalchromatic strip.

6. The apparatus for applying an ultrasound treatment as in claim 4 further comprising an ultrasonic source.
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7. The apparatus for applying an ultrasound treatment as in claim 4 further comprising an ultrasonic transducer coupled to the ultrasonic source.
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8. A method of applying an ultrasound treatment to a portion of a human body, such method comprising the steps of:

determining a temperature rise which the body
25 portion will experience when a dosage limit of the ultrasound treatment has been reached;

disposing on the body portion an indicator adapted to provide a visual change at the determined temperature;

applying ultrasound to the body portion until the
30 indicator provides the visual change at the determined temperature.

9. The method of determining when a dosage limit has been reached as in claim 8 wherein the step of

determining a temperature rise further comprises determining an ultrasound penetration depth to be achieved for the body portion.

5 10. The method of determining when a dosage limit has been reached as in claim 8 wherein the step of determining an ultrasound penetration depth to be achieved for the body portion further comprises selecting a frequency of the ultrasound source to achieve the
10 ultrasound penetration depth.

11. The method of determining when a dosage limit has been reached as in claim 8 wherein the step of selecting a frequency of the ultrasound heating source further
15 comprises determining an average depth of penetration of the ultrasound for the selected frequency.

12. Apparatus for applying an ultrasound treatment to a portion of a human body, such apparatus comprising:
20 means disposed on the portion for providing a visual indication when a dosage limit of the ultrasound treatment has been reached;

means for applying ultrasound to the body portion until the means for providing indicates that the dosage
25 limit has been reached.

13. The apparatus for applying as in claim 12 wherein the means for applying ultrasound further comprises means for controlling an ultrasound penetration depth to be
30 achieved for the body portion.

14. The apparatus for applying as in claim 12 wherein the means for providing a visual indication further comprises a thermalchromatic strip.

15. The apparatus for applying as in claim 14 wherein the thermalchromatic strip further comprises a relatively thin plastic sandwich.

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16. The apparatus for applying as in claim 15 wherein the plastic sandwich further comprises a colored background.

10 17. The apparatus for applying as in claim 15 wherein the colored background further comprises alpha-numeric characters.

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